

RIO RANCHO POLICE DEPARTMENT ADMINISTRATIVE DIVISION

EFFECTIVE DATE: 06-01-1994

REVISED DATE: 09-01-2015 CONTROL NUMBER: DPS/TRN.020

FITNESS SCREENING WAIVER FORM

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In order to participate in the Rio Rancho Police Department selection process, it will be necessary for you to obtain a medical clearance from your doctor to perform the exercises listed on the reverse side of this form. Should you have any questions regarding this requirement, please contact Personnel and Recruiting at (505) 891-5914.

To: Rio Rancho Police I Training and Recruit 500 Quantum Road Rio Rancho, NM 87	ting NE
Regarding Applicant:	(Type or print full name)
	nts of the fitness screening process (as listed on the reverse of nined that it is safe for the above named applicant to participate
Physician:	(Type or print full name)
Physician's Signature:	
Address:	
Phone Number:	
Date:	
To be paid for by applicant.	



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FITNESS SCREENING WAIVER FORM

PRIMARY FITNESS SCREENING STANDARDS

SIT AND REACH (Inches)

16.4

ONE MINUTE SIT-UP (Minimum number)

27

300 METER RUN

71.0 SECONDS

ONE MINUTE PUSH-UP (Minimum number)

15

1 1/2 MILE RUN

15:54 MINUTES